

# Treatment Times



## Ironwood Newsletter

### Be Sure To Checkout!

- Resident and staff of the month
- New chicken tender recipe
- Sports



### Animal Update—by Andrea

On October 3, 2007, Bo, Copper, and Justin went off to good homes. In return, we've received six new beautiful horses named Lighting, Tony, Missy, Peanut, Bailey, and Luke. They are all doing well in their new homes. On the other hand, silly Lilly is doing great and getting bigger as her puppy days fly by. Petunia is her usual self, sleeping and sitting under the apple trees chasing squirrels. Down at Frye there is a new kitty named y'all. She is a calico and is small enough to fit in the palm of your hand. The

other four cats; Izzy, Lauren, Pedro, and Phill, have welcomed their new friend. Maggie is doing well, enjoying her days outside in the cool weather. The Frye chickens are also doing well but haven't been laying too many eggs due to the cold.



### Sports



continued on page 3

## Joshyln's Story

**"When I walked out of the bunkhouse, everyone told me how much they were going to miss me"**

"Wow where should I start?" It was a Monday morning and I was leader for the day. While I was making breakfast Maggie got out. I was out in the rain chasing her for about an hour with Nick, Ern, and Bonnie. When we got back we were soaked. Gordon brought in our new kitten, ya'll.

After breakfast we did our usual chores and had school. Aimee radioed to Chris at the Farm House and said, "So, what's on the menu for lunch?" If he had answered she was planning to ask me if I wanted what they were going to eat. However, when Chris did not answer, Aimee went up into the loft and threw a green shirt behind me. Everyone gasped and pointed. They had pulled that one on me the night before when there was a huge spider on my

shoulder. When I carefully turned around and saw the shirt she said, "There are too many kids down here, go pack your bag." I immediately stopped eating because I was full. I jumped up and ran out of the door to the girl's bunkhouse. I packed my heavy schoolbooks, my clothes and I put on my new shirt. When I walked out of the bunkhouse, everyone told me how much they were going to miss me and wished me luck.

Walking up the graduation trail was a different experience than I expected. The trail was over grown and wet. After the trail I came into view of the house. I crawled under the fence and slowly trudged my way up the last part of the hill. Everyone was still clapping for me when I crawled under the other side of the fence by the porch. Tim took my bag in-

side and everyone congratulated me while we all sat down to eat lunch.

I really like life at the farmhouse better than at Frye. I'm anticipating new goals and fixing my relationship with my parents..

## Sports

It has been an interesting few months sports wise at Ironwood. Many different sports have been played from pool to capture the flag. Everybody has had fun. The farmhouse residents and Frye played more games of baseball during August and September. During one game when Rod and Marion visited, we played for a pizza. But once again there was a tie and both teams got pizza.

Rod and Marion also bought us a pool and ping pong table, which the kids love. We've had many tournaments. A single round elimination in which Chris took the ping pong game by just a few points. Farmhouse resident Stephanie says she likes it when the farm



**“I would have to say that baseball is my favorite sport that Ironwood plays”**



house plays kick ball. “I would have to say that Baseball is my favorite sport that Ironwood plays”.

## Staff of the Month - Dylan

Caroline: Q- How do you like working at Ironwood?

Dylan: A- Humm... (thinking) It's never boring.

Caroline: Q- What do you look forward too every time you come to work?

Dylan: I look forward to having the opportunity to work with as many kids one on one as possible so that I can hopefully teach them something and learn from them as well.

Caroline: "In your opinion, if you are involved with a bad situation here at IW do you ever feel that you would want to leave because of it?"

Dylan: A- I think that there are always situations that people want to escape from, and times they wished they were some place else. One of the things we try to teach residents here is to deal with any

situation with the tools you have the best you can.

Caroline: Where did you go to college?

Dylan: A- I went to two colleges. I started in Rochester N.Y., at R.I.T. in graphic design and ended up at the University of Maine in Farmington in Psychology. And secondary education in English.

Caroline: How long do you plan on working here?

Dylan: A: Umm... well it's not temporary because I can see myself here for a long time however it's not permanent here either because I definitely plan to go to school for my masters.

Caroline: "So you're not going to be like 65 working here?"

Dylan: A- I would probably get beat up if I was 65 working here?

Caroline: "Yeah from those bad kids down at Frye that run and steal your bicycle."

Caroline: Joking . . . so let's wrap this up any, good advice or last words



Dylan: I would just encourage residents to try to do the best they can and do right by themselves and eventually good things will come, and I encourage parents to continue to support there kids because I can see you all trying everyday...at least a little.

## Resident of the Month - Stephanie

Lucy: Q- So why do you think you were picked resident of the month for September?	what?"	Lucy: Q- favorite thing about Ironwood?
Stephanie: *Rolls her eyes* I don't know. *Laughing*	Lucy: " To Present"	Stephanie: A- You, just kidding" * laughs*
Lucy: Q- Are you excited for level four?	Stephanie: A- "Yeah I am."	Humm... *air punches
Stephanie: A- Yeah	Lucy:" Ok time for something different!"	Caroline* it would have to be that I have a better relationship with my parents and if I didn't end up here I would probably be dead.
Lucy: Q- That's all?	Stephanie: "Huh" Oh...	Lucy: Q- Least favorite thing?
Stephanie: A- He he what do you expect me to say? I mean of course I'm happy for it.	Lucy: Q-Favorite color?	Stephanie: A- The unnecessary drama that goes on.
Lucy: Q- What are you looking forward to most?	Stephanie: A-*Drops papers.* Red. You should know that, Lucy.	
Stephanie: A- "Home visit , mentoring at Frye & driving the mule. Smiles, pretty much more privileges."	Lucy: Q- If you would be any animal, what would you be and why?	
Lucy: Q- Are you nervous?	Stephanie: A- "Humm..hummm..., I don't know I'm trying to think hold on.* Has a side conversation with Caroline* I think I would be a tiger."	
Stephanie: " About	Lucy: Q- Why?	
	Stephanie: A- I don't know, I like tigers, they're cute. *laughs*	

## Resident of the Month Continued

Stephanie: "Yeah"	I would make it to level 4. My biggest achievement in life is probably the same thing, coming this far in the program it's the hardest thing I've ever done, coming here from where I was.
Lucy: Q- "Cool so what are going to miss most about Ironwood?"	
Stephanie: "Um..The fun times I had with the staff and the residents, and of course my baby Lilly{the dog}"	
Lucy: Q- Do you have a dog at home?	
Stephanie: A- Yeah. I have a german shepherd and a cat.	
Lucy: Q- Biggest Achievement?	
Stephanie: A- "Here or in Life?"	
Lucy:" Either. Both."	
Stephanie: A- "My biggest achievement here is coming as far as I have in the program, because I didn't think	



## Andrea's Journey

Coming up from Frye to the Farmhouse after getting comfortable at Frye for 54 days was hard. The style of the day is very different. Frye is a lot more active than the Farmhouse is. Frye school hours differ from the farmhouse because school is for three hours and it is very tough. It was difficult for me especially because I like being outside and most of the time at the Farmhouse we are inside. After about a week, though, I got used to it and it was not that bad. I have been working on myself a lot more emotionally up



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here. Sometimes it is hard but it is the final transformation before you go home. Being up here is worth every bit of hard work I put in at Frye. The field trips are awesome and so is the food. I look forward to being at the Farmhouse for the rest of my stay at Ironwood.



## Adrianna's Famous Fried Butter-milk Chicken Tenders

### Prep

2 frying skillets

Cutting board/ knife

3 Lg Mixing Bowls & 1 Medium

Olive Oil

Butter milk

1 5 lb bag all purpose white flour

2 whole chickens (quartered)



### Seasoning Prep

1.) Pepper 1 1/4 cups

2.) Garlic powder 6 tbs.

3.) Sea salt & Parsley 3 1/2 Tbs.

(If in fear of high blood pressure use min. of 1 1/2 Tbs.)

\*(For extra spice 6-7 Tbs. Paprika)

### Cooking instructions

- Put all seasoning into large mixing and stir.
- Cut chicken into strips on cutting board and rinse strips off in clean sink and put into large clean bowl.
- Put all purpose flour into Lg bowl
- Crack 3 eggs into Medium Bowl and add buttermilk
- Preheat oil in frying skillets till a loud sizzle

### Frying the Chicken Strips

- Dip Chicken into Seasoning Bowl
- Dip chicken into butter, milk and eggs.
- Flour chicken until coated and shake off excess flour off.
- Put floured chicken into frying pan
- Let chicken fry till lightly golden brown
- Be sure to check your chicken by puncturing it with a fork

Lastly Serve your home style Fried Buttermilk chicken and Enjoy!!!!

## **Ironwood Graduate**

“Michael is kind to everyone”

